

# Setting True Goals

All “true” goals must be SMART (Specific, Measurable, Actionable, Realistic, Timed), accountable, visible, written, passionate, lofty, and about process, not results. Typically, goals pertain to the 8 key areas of your life – *Career, Financial, Health, Family, Self Improvement, Spiritual, Adventure, and Business*. Often, roadblocks prevent you from achieving your True Goals. Here are four.

1. There is no passion behind your goals. Passion is something you:
  - A) Love so much, you will move time when no time appears to exist.
  - B) Invest your time, energy, and money in the pursuit of excellence.
  - C) Feel a sense of loss when you can't be the best you can be at it.
  - D) Can't hide your excitement about when you talk about it.
2. Not precise – There is no clear end point.
3. Conflicts with self image, negative self image, cross purposes.
4. Polar behaviors – behavior is not aligned with goals.

**Are you focused on the *correct* True Goal?”**

Write your True Goals below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*"Live everyday as if it were your last because someday you're going to be right."*  
— Muhammad Ali

